



NUTRITION

# Berry Protein Pancakes

~ Barre Base Recipe

## Ingredients

- 1 cup almond meal
- 2 tsp baking powder
- 1 egg
- 1/2 cup coconut cream
- 1/4 cup milk of your choice
- 1 TBSP maca powder
- 1 TBSP **Inline protein powder**
- 1 cup raspberries (fresh or frozen)
- Coconut oil/butter for frying

## Method

1. Mix all the wet ingredients together then add the dry ingredients and whisk to a batter
2. Fold in the raspberries.
3. Melt coconut oil/butter in a pan before spooning batter in. Flip once bubbles start forming on one side.
4. Serve with maple syrup and more berries

